

Name \_\_\_\_\_ Date \_\_\_\_\_ Class Hour \_\_\_\_\_

## CHAPTER 32 Eggs

Text Pages 228-235

### Study Guide

**Completion:** In the space to the left, write the word or words that **BEST** complete(s) each statement.

- \_\_\_\_\_ 1. Eggs are a bargain because they are low in \_\_\_\_?\_\_\_\_.
- \_\_\_\_\_ 2. Fat and cholesterol are contained in the egg \_\_\_\_?\_\_\_\_.
- \_\_\_\_\_ 3. A limit of \_\_\_\_?\_\_\_\_ eggs a week is suggested by health experts.
- \_\_\_\_\_ 4. High quality eggs are graded \_\_\_\_?\_\_\_\_ or \_\_\_\_?\_\_\_\_.
- \_\_\_\_\_ 5. Eggs should be refrigerated in \_\_\_\_?\_\_\_\_.
- \_\_\_\_\_ 6. Eggs should be used within \_\_\_\_?\_\_\_\_ weeks.
- \_\_\_\_\_ 7. \_\_\_\_?\_\_\_\_, a bacteria sometimes found in raw eggs, may cause food poisoning.
- \_\_\_\_\_ 8. To prevent food poisoning, \_\_\_\_?\_\_\_\_ all eggs you eat.
- \_\_\_\_\_ 9. Eggs used in custard help \_\_\_\_?\_\_\_\_ the ingredients.
- \_\_\_\_\_ 10. When egg whites are beaten, they trap \_\_\_\_?\_\_\_\_ for lightness.
- \_\_\_\_\_ 11. When eggs are \_\_\_\_?\_\_\_\_, they separate more easily.
- \_\_\_\_\_ 12. If egg whites contain any \_\_\_\_?\_\_\_\_ from the egg yolk, they will not beat.
- \_\_\_\_\_ 13. \_\_\_\_?\_\_\_\_ temperature gives the best volume when beating egg whites.
- \_\_\_\_\_ 14. Beaten egg whites that are thick, white, and shiny are in the \_\_\_\_?\_\_\_\_ stage.
- \_\_\_\_\_ 15. When egg whites are overbeaten, they are \_\_\_\_?\_\_\_\_ and break into pieces.
- \_\_\_\_\_ 16. A mixture of beaten egg whites and sugar is called a \_\_\_\_?\_\_\_\_.
- \_\_\_\_\_ 17. Eggs should be cooked at \_\_\_\_?\_\_\_\_ or medium temperatures.
- \_\_\_\_\_ 18. Whole eggs can explode in the microwave because of built up \_\_\_\_?\_\_\_\_ and \_\_\_\_?\_\_\_\_.

*Continued on next page*

\_\_\_\_\_ 19. Pierce the egg \_\_\_\_?\_\_\_\_ to let steam escape when microwaving eggs.

\_\_\_\_\_ 20. The egg \_\_\_\_?\_\_\_\_ cooks fastest in the microwave.

**Short Answer:** Answer the following questions on the lines provided.

21. Describe how to break an egg.

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22. Why shouldn't you break an egg directly into other ingredients?

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23. Describe how to separate an egg.

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24. Describe undercooked, properly cooked, and overcooked eggs.

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25. How are poached eggs and eggs cooked in the shell similar and different?

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26. How are scrambled eggs and omelets similar and different?

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Text Pages 228-235

## The Key to Egg Cookery

**Directions:** To find the key to successful egg cookery, fill in the blanks to answer each question. The number of spaces indicates the number of letters in the word. If you answer the questions correctly, you will be able to unscramble the circled letters to find the key to egg cookery.

1. What is a mixture of egg whites and sugar beaten into stiff peaks?

○ \_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_

2. What gets trapped in egg whites when they are beaten?

\_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_

3. What causes whole eggs to explode when cooked in the microwave?

\_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_  
○ \_ \_ \_ \_ \_

4. When egg whites are beaten, what is the stage where the whites are transparent and bubbles form?

\_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_

5. What ingredient can be used with eggs to prepare omelets?

○ \_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_

6. When egg whites are beaten, what is the stage where they stand up in peaks that bend over?

\_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_

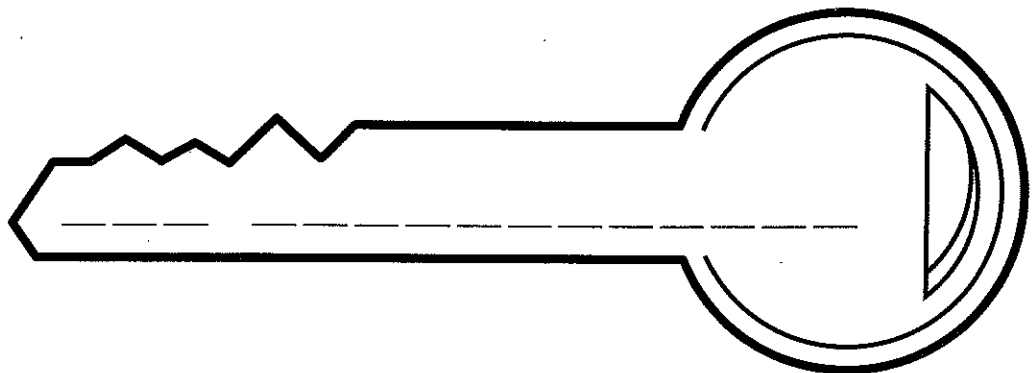
7. What is the name of eggs that are gently stirred into soft curds during cooking?

○ \_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_

8. What is the substance in egg yolks that leads some people to avoid eating eggs?

\_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_ ○ \_ \_ \_ \_ \_

9. The key to egg cookery is:

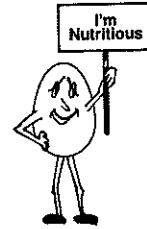


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Text Pages 228-235

### Buying Eggs



**Directions:** Answer the following questions on the lines provided.

1. Sam is buying eggs for baking a cake and some cookies. Large eggs cost 92 cents a dozen while small eggs are 79 cents a dozen. Which size eggs should he buy? Why?  
\_\_\_\_\_  
\_\_\_\_\_
2. Carrie is looking at eggs in the supermarket. The store is having a sale on eggs and has extra cartons of eggs sitting in the aisle beside the refrigerated egg case. Does it matter if Carrie takes her carton from the aisle display or the refrigerator case? Why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Diane is buying eggs for her families' use. The large eggs cost 99 cents a dozen while the medium eggs cost 90 cents. Which eggs are a better buy? Why?  
\_\_\_\_\_  
\_\_\_\_\_
4. Brad's store has brown eggs and white eggs at the same price. Brad wants to buy the most nutritious and best quality eggs. Which should he buy?  
\_\_\_\_\_  
\_\_\_\_\_
5. The supermarket where Linda is shopping has cracked eggs for 1/2 price. Should she buy them? Why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_